



Family Readiness Program Newsletter

"Keeping In Touch"

132d Fighter Wing / Iowa Air National Guard

December 2009 Issue



AEF Homecoming Guidance



Hello Families!!! I know you are anxiously awaiting word on your loved ones arrival home. Once we have return times and dates, that information will be posted to the Arrival Information Line. If you do not have that number, please let me know. This will be our way of communicating arrival times and homecoming information to the families. We will specify return times for Advon and Main Body so be sure you know which group you Airman will be returning with.

Homecoming attendance is limited to IMMEDIATE FAMILY ONLY. Those Airmen who have immediate family members (mothers, fathers, sisters, brothers, spouses, children, significant others) coming on base for the homecoming and DO NOT HAVE A MILITARY ID, must be put on an Entry Authorization Listing (EAL). If they have a military ID, they DO NOT need to be on the listing. All visitors 16 years of age or older will also need to bring a form of photo identification (driver's license). Any visitors not in possession of a valid form of photo identification that cannot be positively identified by Security Forces will not be allowed access to the installation.

The Airman will need to email me (Amanda.wicker@ang.af.mil) the family members full name (first and last name, middle initial), sponsor's name (sponsor is the Airman), sponsors squadron, and the family members relationship to the sponsor (brother, sister, etc.). Family members

cannot call me and be added to the list. The Airman must authorize the names of those coming on base. Please let me know if you have any other questions. Hope to see you soon!!!

Amanda Wicker, Family Readiness Coordinator
515-256-8786

Meetup.com Site for Families of the 132d Fighter Wing

A volunteer with the 132 FW Family Readiness Group has created a meetup.com site dedicated to the Families of the 132d Fighter Wing. The purpose of the sight is to bring together families, statewide, that are not always able to come to the FRG meeting or who just want to get more involved with the unit. This is a great place for family members to gather online to support one another, whether they have a member deployed or not. There is a message board for everyone to post questions and chat, along with a calendar that will have all upcoming family activities. This group is only open to Unit members, their family, and retirees. This is a secure website so you

NEXT MEETING

December 6, 2009 at 1:30pm in the Computer Classroom Bldg 107. Childcare is provided. All are welcome to attend.

NO MEETING IN JANUARY

will have to request permission to join and be approved before you can enter the site. There is no cost to join. OPSEC will be enforced on the site. Educational materials are posted with more information on OPSEC. Also no negativity towards Leadership or the Unit will be tolerated. The website organizer is looking for an assistant. If you are interested, please indicate this on the site message board. The link below will take you directly to the site. We hope you join and look forward to chatting with you soon!!!

<http://www.meetup.com/The-DM-Iowa-132-Air-National-Guard-Families-Group/>

Holiday Mailing Guidelines Set

The U.S. Postal Service has set guidelines for mailing holiday mail and packages overseas. Mail and packages for troops that serve in the Iraq and Afghanistan area should be sent by Dec. 4, 2008. Holiday mail, including packages and cards, going to military bases in other parts of the world should be shipped by Dec. 11. Priority mail flat-rate boxes are the best value when shipping to military members serving at home or anywhere overseas. The largest flat-rate box costs \$10.95 to ship to an APO or FPO address. That is a \$2 discount, and the boxes are free. Include the mailing address, return address and the contents of the box on a slip of paper with the other contents. For more information, visit the U.S. Postal Service website.

Not sure what to get your servicemember for the holidays? We've gathered dozens of gift ideas for everyone on your list, no matter what your budget is! Find the perfect presents with the Holiday Gift Guide.

Program Updates from Military OneSource

Paperback/Playaway Books – The free paperback and Playaway books are returning to the site next week! We have a limited supply of books and will be consolidating the library to have larger quantities of fewer titles to be able to distribute the books to more users. We have a new policy for ordering: users will be limited to 10 paperback and/or Playaway books in a one year time period. The year will begin when the user orders their first book or playaway. Users will also be limited to order one (1) of each title. This new policy will discourage users from ordering multiple copies of one title and allow the books to reach more users. We will not be able to guarantee any titles will be replenished or available. This policy will be posted on the Library page (located on the Tools tab) or available at www.MilitaryOneSource.com/library <<http://www.MilitaryOneSource.com/librariy>> .

New Military Recreation Pages – New MWR pages highlight vacation getaways, libraries, YMCA programs, single service member programs and non-profit partners. Check out the new section: www.MilitaryOneSource.com/militaryrecreation <<http://www.MilitaryOneSource.com/militaryrecreation>> or www.MilitaryOneSource.com/MWR <<http://www.MilitaryOneSource.com/MWR>> . Pages can also be accessed by the links on the Tools and Find Information tabs.

Peterson's Online Academic Skills Course – This free resource was added to multiple places on the Web site. The Online Academic Skills Course will help Service Members and their families build math and verbal skills to excel in their job, pass their exam, advance their career, or continue their education. Find it by going to:

Tools Tab > Career & Education > DoD
Resources or Online Library Resources –
Find at top of library page

Upcoming Webinars! – Three new webinars are happening soon: Health Coaching: What's it all about?, Maintaining Balance During the Holiday Season, and Special Needs Resources for Military Families. Links for the upcoming webinars have been added to the homepage under "Announcements."

Flu Toolkit – As fall turns to winter, it's important to know how to find expert information about seasonal flu and the H1N1 virus. The new Flu Toolkit on Military OneSource Online contains links to sites with extensive, current information about both kinds of flu, information about immunizations, and RSS feeds from Flu.gov. The link is located under "Resources" in the right hand navigation of the homepage.

Red Cross to Deliver Holiday Cards

The American Red Cross and Pitney Bowes Inc. will partner for the third year to sponsor the national "Holiday Mail for Heroes" campaign to receive and distribute holiday cards to servicemembers, veterans and their families in the United States and abroad. The card campaign includes those working and receiving care at Walter Reed Army Medical Center. A special P.O. Box address will be published the first week of November online at <http://www.redcross.org/holidaymail>. In the meantime, people should not send cards to Walter Reed unless they are addressed to a specific wounded warrior. Cards postmarked no later than Dec. 7 will reach servicemembers recovering at Walter Reed

<http://www.redcross.org/holidaymail>

SAVE THE DATE

***6 MARCH 2010-
Yellow Ribbon Reintegration
Workshop***

***2 MAY 2010-
Family Day***

MILITARY SPOUSE CAREER ADVANCEMENT ACCOUNTS (MYCAA)

The Department of Defense (DoD) Military Spouse Career Advancement Accounts (MyCAA) program provides up to \$6,000 of Financial Assistance for military spouses who are pursuing degree programs, licenses or credentials leading to employment in Portable Career Fields.

Spouses of DoD Active Duty members and federally activated members of the National Guard and Reserve Components are eligible. The period of eligibility for spouses of Guard and Reserve members is from the date of the Alert or Warning Order for Military Recall or Mobilization, through activation and deployment until 180 days following De-Mobilization.

Defense Eligibility and Enrollment Reporting System (DEERS) is used to determine if a spouse is eligible. It is the service members or service members' commands responsibility to ensure the information in DEERS correct. MyCAA cannot correct information contained in DEERS and a spouse will not be determined to be eligible until they pass the DEERS screen.

Military spouses who are legally separated by state law or court order are ineligible. Spouses who are Active Duty or activated Guard or Reserve members themselves are

ineligible because they have their own education benefit programs.

You can find more information on this valuable benefit at the Military One Source website:

<http://www.militaryonesource.com/MOS/FindInformation/Category/MilitarySpouseCareerAdvancementAccounts.aspx>

MyCAA account homepage:

<https://aiportal.acc.af.mil/mycaa/>

OPERATION LIFE TRANSFORMED

OperationLifeTransformed.org is a program designed specifically to deliver scholarships, online training and employment assistance to military spouses and war-wounded caregivers.

Military to Medicine's mission is to address the national healthcare worker shortage with military talent and to set the standard for career transition from the military to healthcare. Through their corporate affiliations, they place newly graduated spouses and caregivers into military-friendly, direct-hire programs that provide the best possible employment solution and that fit the unique needs of military families.

These programs are FREE of charge to recipients and offer training and career opportunities in medical careers like Healthcare Management, Medical Transcription, Medical Coding, Medical Assistant and Pharmacy Technicians. Information Technology Careers include PC maintenance repair courses, Essentials in Networking, Server, Wireless, Security, Career, Linux, Dreamweaver and Flash, as well as Fundamental courses like My SQL, MS Office 97 & Photoshop. This is not an all-inclusive list.

WHO IS ELIGIBLE? All active duty military spouses - includes National Guard and Reserve status (no requirement for

military member to be on AD orders); Veterans; Transitioning Military; Caregivers of war wounded, including spouses, parents and family members or affianced couples, and Gold Star Spouses.

To download application, go to

<http://www.operationlifetransformed.org/program.html>

For a list of courses offered, go to

<http://www.operationlifetransformed.org/training.html>

Zero to Three Military Program

Zero to Three advocates and provides educational resources for young children, parents, and caregivers. Their Military Projects program is a great resource for military Families. Check out articles and brochures and download the book "Over There," that you can add your own photos to for children experiencing deployment. Go directly to Zero to Three's Military Project page at

http://www.zerotothree.org/site/PageServer?pagename=key_military&AddInterest=1146
<http://www.zerotothree.org/site/PageServer?pagename=key_military&AddInterest=1146> .

Upcoming Strong Bonds Workshops

Prevention & Relationship Enhancement Program

This workshop and materials teach couples the skills they need to nurture a lasting relationship. PREP begins by teaching effective communication skills, addresses problem resolution strategies, and reveals how to discover the hidden issues in every relationship.

May 15-16, 2010- Davenport, IA

August 14-15, 2010- Iowa City, IA

Laugh Your Way to a Better Marriage

Developed by Pastor Mark Gungor, this program takes a very humorous look at the difference between men and women and will have you rolling in the aisles with laughter. Laugh Your Way's Flag Page will help couples see how they are made and embrace those differences or similarities in their mates.

January 16-17, 2010- Mason City, IA

March 20-21, 2010- Sioux City, IA

July 17-18, 2010- Des Moines, IA

Premarital Interpersonal Choices & Knowledge

PICK is designed to help single service members enhance relationships in their lives, with significant others, family members, and/or co-workers. We will cover personality types, take an interest inventory for career planning, and learn how not to marry a jerk or jerkette.

January 23-24, 2010- Des Moines, IA

7 Habits of Highly Effective Military Families

This program uses military family examples to help military families endure the difficult OPTEMPO the Iowa Guard has seen in recent years.

This is one of the best programs available to help military families learn how to stay focused, stay positive and set goals for themselves and their families.

February 20-21, 2010- Burlington, IA

July 24-25, 2010- Boone YMCA Camp

For more information or to register, contact Amanda Wicker at 515-256-8786 or by email at Amanda.wicker@ang.af.mil.

Plan Ahead to Limit Holiday Stress

November 2009

From Thanksgiving through the beginning of the New Year, the typical American family is in a frenzy of activity trying to make the holidays joyful and memorable. But holiday demands can create unwanted stress if you try to do more than time or money allows. If your family is separated due to deployment, your feelings of sadness are likely to intensify during the holidays.

By thinking ahead about how you're going to manage the holidays, you can minimize stress and keep sad feelings from interfering with your enjoyment. Here are a few holiday trouble spots to consider along with some tips for dealing with them:

- **Unrealistic expectations.** The holidays don't have to be perfect every year. Anticipate unexpected disappointments and you'll be better prepared to deal with them. If your family is in a different place this year, think of new ways to accommodate changes into your holiday plans while maintaining the traditions and rituals that evoke positive memories.
- **Overspending.** Trying to buy holiday happiness by spending too much is sure to create stress. Make a holiday budget and stick to it. If money is tight, think of new ways to exchange gifts (draw names, make things by hand, or give the gift of time), and propose low-cost ways to share the holidays with friends and family, such as a potluck party. Read the Military OneSource article [*Budgeting for the Holidays*](#) for more ideas.
- **Overcommitting your time.** The most effective way to keep from becoming overwhelmed with holiday tasks and activities is to know how to say no. Think about how you're going to handle

requests for your time from others, and limit the demands you place on yourself. Building time alone into a busy holiday schedule will also help lower stress.

- **Separation.** If a family member is deployed over the holidays, you may feel overwhelmed by sadness. It's OK to acknowledge your feelings to others. Their comfort and understanding will help to lift your spirits. If you expect to be lonely or isolated during the holidays, think of ways to participate in community or religious activities focused on helping others. For more tips on dealing with deployment this holiday season, read [Holiday Stress and Deployment](#).
- **Family conflicts.** Holiday stress has a way of fanning the flames of family disagreement and misunderstanding. You can resolve to keep the positive aspects of your relationships in focus during the holidays. Family gatherings are not the time to air grievances, so put them aside until a more appropriate time. Read [Home for the Holidays: Putting Family Tensions to Rest](#).

For more ideas on enjoying the holiday season -- without all the stress -- be sure to see these articles from Military OneSource: [Managing Holiday Stress](#) and [Enjoying Holidays with Your Children](#). If you need help coping with holiday stress or the blues, Military OneSource is there for you. Call any time to talk, 1-800-342-9647.

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***Pick up the phone if you are experiencing an emotional crisis and need to talk to a trained VA professional. You'll be immediately connected with a qualified caring provider who can help.
1-800-273-TALK (8255)***

If you no longer wish to receive this newsletter please contact Amanda Wicker at 515-256-8786 or by email at Amanda.wicker@ang.af.mil

NEW 132d FW SHIRTS

SHIRTS AVAILABLE IN NAVY BLUE ONLY

Adult Sizes: S, M, L, XL, XXL, XXXL

Adult Long Sleeve T-shirts: \$15 (add \$2 for XXL and XXXL)

Adult Hooded Sweatshirt: \$25 (add \$3 for XXL and XXXL)



Front Design



Back Design



Sleeve Design

100% of sale profits are used to provide programs and activities for 132d FW members and their families.

Shirts are available for purchase in the Family Program Office (BLDG 107, room 101).

Cash and Checks are accepted. Make checks payable to 132d FW Family Readiness. Thank you for your support!!!

132d Fighter Wing
56th Annual
Children's Holiday Party



December 9, 2009
West Hangar
6:30 p.m.



Share the HOLIDAY SPIRIT with your Guard Family

Activities planned:

- Children's Craft Tables
- Yummy Holiday Treats
- Sing-along & Stories with Mrs. Claus and the Elves
- Santa Arrival via F-16 with Bags of Gifts!!

Gift recommendations

*** No larger than 12"x12"x12" and cost no more than \$20**

*** Print first & last name of child on a 5"x7" card and secure to gift**

*** Gifts from each family should be tied together**

*** Bring gift(s) to the flight line lounge during the December UTA**

Note: ...If unable to get your gift(s) to the lounge during the



Be sure to bring your own camera. Our photographer will also be taking digital pictures which will be available on SharePoint for your Airman to download.

If you and your family are unable to attend the Dec 9th eventplease join us on Dec 8th (same time/place) for the community event with our partnership school.